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For exchange of information
on nutrition programs
and activities

NUTRITION PROGRAM NEWS

U. S. DEPARTMENT OF AGRICULTURE, WASHINGTON, D. C.

SEPTEMBER-OCTOBER 1966

NUTRITION PROGRAM NEWS REVIEWED

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The staff of NUTRITION PROGRAM NEWS is constantly concerned with keeping the publication meaningful and useful to workers in community programs. Our consultation with the Interagency Committee on Nutrition Education in the preparation of NUTRITION PROGRAM NEWS is one means we have of achieving this end. Every few years, we invite representatives of user groups to bring us their ideas. This meeting thus provides an opportunity for the staff, the consultants, and the users to look at the publication together in terms of whether it—

1. Fulfills its purpose.
2. Meets a real need in the community.
3. Requires changes in direction, coverage or format.

This year in June, the NPN staff and the ICNE subcommittee invited representatives of user groups—public health nutritionists, extension nutrition specialists, State school lunch directors, consumer education specialists, welfare agency home economists and nutritionists in industry-sponsored groups—to help them evaluate the publication.

The specific purposes were to examine problems, content and procedures of the periodical and to discuss topics and sources of information for upcoming issues. The uses made of NUTRITION PROGRAM NEWS by the consultants in community programs were reviewed as a guide for suggesting possible topics.

BACKGROUND INFORMATION

NUTRITION PROGRAM NEWS is a bimonthly publication of the Agricultural Research Service's Consumer and Food Economics Research Division. It provides exchange of information on nutrition programs and activities.

The publication includes:

1. Information on Federal programs relating to nutrition.
2. Reviews of current nutrition issues and research.
3. Summaries of activities of State and local nutrition committees.
4. Reports of successful activities carried out to help improve nutrition in the communities.
5. Lists of educational materials.

Dr. Esther F. Phipard Retires

After 30 years of service to the U. S. Department of Agriculture, Dr. Esther F. Phipard retired on July 15. In her capacity as Chief of the Diet Appraisal Branch of the Consumer and Food Economics Research Division, Dr. Phipard has contributed to the preparation of NUTRITION PROGRAM NEWS for a number of years. NPN will miss her careful review and helpful suggestions.

Included in the wide distribution are State Nutrition Committee Chairmen and members; heads of Home Economics Departments in land grant and other colleges and universities engaged in nutrition research; public health nutritionists, extension nutrition specialists, home economists, and dietitians; school lunch personnel and food service managers; researchers, writers, and librarians; the press and industry-sponsored groups.

Because of Federal printing limitations, the mailing list is restricted to these professional groups. Students are not placed on the list and copies are not provided for them except in libraries as a reference.

SOURCES OF INFORMATION

Members and alternates of the Interagency Committee on Nutrition Education contribute by locating sources of information in the community. For example, the nutritionists in the Diabetes and Arthritis Program of the Public Health Service assisted the NPN staff in locating promising activities in State and local diabetes and arthritis programs. The September-October, 1965, issue dealt with nutrition education components of these programs.

At each meeting of the Interagency Committee on Nutrition Education, member agencies describe new problems, programs, successes and failures of interest to ICNE members and to the NUTRITION PROGRAM NEWS staff. Frequently these ideas have been developed into issues of

NUTRITION PROGRAM NEWS or into enclosures to go with NPN. The enclosure on recommendations from the White House Conference on Children and Youth—July-August, 1960—is a good example.

The requests for information and consultant help that are received by the staff often suggest topics. The many requests for information about the nutrition education background needed by elementary school teachers prompted the March-April, 1963, issue on Planning Nutrition Programs for Elementary School Teachers.

Sometimes—and we wish this happened more often—nutrition workers send us a description of an activity that helped to solve some local nutritional problem. The NPN staff usually seeks out other programs dealing with the same problem to provide descriptions of a variety of activities appropriate for such programs.

One such activity was the description in the July-August, 1966, issue of the project in Ohio that helped nurses learn more about donated foods.

KINDS OF INFORMATION SUGGESTED

With this background information in mind, the NPN user groups considered topics that interpret nutrition research and suggest solutions to community nutrition problems. Topics suggested were in the following areas:

- A. Low-socioeconomic groups
 1. Family services geared to home enrichment
 2. Food budgeting
 3. The Food Stamp Program
 4. Job training in food service for welfare clients
- B. Food habits in the United States
 1. Food consumption surveys—to determine food choices made by individuals and families
 2. Breakfast programs—to improve quality and offer better insight into acceptable patterns
 3. School health programs—to help establish and maintain desirable eating habits among school children
 4. Childhood obesity—to improve ways of combating this problem in our population
- C. Training in foods and nutrition
 1. Nutrition education in preservice teaching programs at the elementary, secondary and college levels
 2. Nutrition education programs implemented by foreign governments
 3. Classes in science and social work as they relate to nutrition education
 4. The education of parents of children in Head Start programs

- D. New legislation affecting nutrition education
 1. The Economic Opportunity Act
 2. Job Corps Centers — training for food service careers
 3. The Child Nutrition Act
 4. Medicare—its implications for nutritionists and dietitians
 5. Mental retardation programs and their implications for nutrition training

The representatives of user groups offered to call sources of information to the attention of the NPN staff.

USES IN COMMUNITY PROGRAMS

The staff was especially interested in knowing of specific uses of NPN.

Leaders of community education programs that involve the Food Stamp Plan and the Extended Donated Food Programs often use NPN as a guide. They also could foresee the use of certain issues in developing programs that will involve the newer legislation or proposed legislation—the Child Nutrition Act and Medicare.

Volunteer agencies find NPN useful in planning the nutrition component of their training programs. The National American Red Cross used the 1964 issue of NPN on Basic Concepts—Their Use in Program Planning and Evaluation in planning youth training programs and courses for Red Cross nurses. One such course was Home Care of the Sick and the Injured.

The user groups indicated that the Basic Concepts are helpful in planning training programs for personnel and parents for such programs as Head Start.

One participant, a State school lunch director, finds that NPN provides good background information in planning State programs.

A consumer education consultant finds that the kinds of information covered are an aid in developing consumer education programs in her community.

Generally, NUTRITION PROGRAM NEWS descriptions of programs and activities serve as benchmarks for evaluating community activities at the State and local levels.

RECOMMENDATIONS

The representatives of the user groups recommended that the NPN staff continue to—

1. Provide interpretations of nutrition research and their implications for use at the community level.
2. Maintain close contact with State and local groups as a means of selecting topics that deal with new and persistent community problems.
3. Publish descriptions of Federal programs, particularly the nutrition components, as a valuable resource for action programs being initiated in communities.
4. Describe a wide variety of activities to generate ideas at the State and local levels.

WON'T YOU HELP?

At this meeting, it was not possible to include all of you readers who could help us make NUTRITION PROGRAM NEWS more useful. We extend to you the opportunity to suggest additional topics and sources of information to us.

INTERAGENCY COMMITTEE ON NUTRITION EDUCATION (ICNE)

Agencies and Their Representatives 1966-67

DEPARTMENT OF AGRICULTURE

Federal Extension Service:

Division of Home Economics Programs—Dr. Evelyn B. Spindler, Chairman, ICNE; Margaret Oliver.

Agricultural Research Service:

Consumer and Food Economics Research Division—Dr. Mary M. Hill, Dr. Louise Page, Beryl Becker.
Human Nutrition Research Division—Dr. Willis A. Gortner, Mrs. Georgia Schlosser.

Consumer and Marketing Service:

School Lunch Division—Mrs. Bertha Olsen, Nada Poole, Henry Rodriguez.

Farmers Home Administration:

Operating Loan Division—Mrs. Ella Mae Berdahl.

International Agricultural Development Service:

Foreign Training Division—Eleanor Southerland, Gertrude Drinker.

DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE

Children's Bureau:

Division of Health Services—Mary Egan, Frances Shoun.

Food and Drug Administration:

Eugene Stevenson, Theresa Demus.

Office of Education:

Division of Education Research, Curriculum Development Branch—Elsa Schneider.

Division of Vocational and Technical Education—Dr. Margaret Alexander, Betty Ruth Joyce.

Public Health Service:

Bureau of Medical Services—Clare B. Baldauf, Helen Ger Olson.

Bureau of State Services—Sarah Stulb; Mrs. Marjorie C. Zukel, Vice Chairman, ICNE.

National Institutes of Health, Office of International Research—Dr. Bertlyn Bosley, Dr. John I. McKigney.

DEPARTMENT OF INTERIOR

Bureau of Commercial Fisheries—Mrs. Rose G. Kerr, Mrs. Beverly M. Barton.

OFFICE OF ECONOMIC OPPORTUNITY

Dr. Joseph T. English, Sue Sadow, Dr. Donald Scherl.

AMERICAN NATIONAL RED CROSS

Brothy Bovee, Mrs. Kester L. Hastings.

Liaison Representatives

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North American Regional Office—Mary A. Ross, Harold A. Vogel.

PAN AMERICAN HEALTH ORGANIZATION

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Alabama—Harriet H. Cloud, Nutritionist, Jefferson County Health Department, 1912 Eighth Avenue South, Birmingham, 35233.

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Kansas—Conie C. Foote, Nutrition Consultant, Medical Health Services, Kansas State Department of Health, State Office Building, Topeka, 66603.

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Mississippi—Mrs. Betty E. Anderson, Assistant Director, Food Service Department, University of Mississippi Medical Center, 2500 North State Street, Jackson, 39216.

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New York, State Nutrition Council—Eleanor V. Green, Consultant, New York State TB and RD Association, 105 East 22nd Street, New York, 10010.

New York, City (Food and Nutrition Council of Greater N. Y.)—Dr. Robert A. Peterman, (President), Director, Department of Therapeutic Research, Hoffman-La-Roche, Inc., Nutley, N. J., 07110.

Dr. Orrea Pye, (Chairman, Planning Board), Teachers College, 525 W. 120 St., New York, 10027.

North Carolina (Council on Food and Nutrition)—Mrs. Rachel H. Ferguson, (President), Box 5097, North Carolina State of UNC, Raleigh, 27607.

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Rhode Island—Sybil D. Kaplan, Extension Service, 25 Woodward Hall, Kingston, 02881.

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Virginia (Subcommittee of the Virginia Council of Health and Medical Care)—Erna Mae Behrend, Clinic Nutritionist, A. D. Williams Memorial Clinic, Medical College of Virginia, Richmond, 23219.

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Virgin Islands—Julia Taylor Wallace, Director, Bureau of Nutrition Services, Department of Health, St. Thomas, 00802. St. Croix Nutrition Committee, Otis Hicks, Agriculture Teacher, Claude O. Markoe School, Frederiksted, St. Croix, 00840. St. Thomas Nutrition Committee, Miss Sara Watlington (Cochairman) and Miss Kathleen Lashley (Cochairman) Home Economics Department, Charlotte Amalie High School, St. Thomas, 00802.

MATERIALS

Listing of these materials is for the information of the readers and does not necessarily mean recommendation.

Applied Nutrition

Activating a Nutrition Education Program in Pennsylvania Schools. Department of Public Instruction. 1965. Commonwealth of Pennsylvania, Harrisburg, 17126.

Consumer Education

Cheese in Family Meals—A Guide for Consumers. Home and Garden Bulletin 112. U. S. Department of Agriculture, June, 1966. Supersedes Leaflet 262. For sale by Superintendent of Documents, U.S. Government Printing Office, Washington, D.C., 20402—15 cents.

Nutrition

Dietary Fat and Human Health. Food and Nutrition Board, National Research Council, 1966. Publication 1147. Available from Printing and Publishing Office, National Academy of Sciences, 2101 Constitution Avenue, N. W., Washington, D. C., 20418—\$1.50.

Food, Nutrition and Diet Therapy. Fourth Edition, 1966. Marie V. Krause, Philadelphia, Pa., W. B. Saunders Co. 687 pages. \$7.50.

Pre-School Child Malnutrition—Primary Determinant to Human Progress. National Academy of Sciences, National Research Council, 1966. Publication 1282. Available from NAS at address above—\$7.50.

Procedures for Calculating Nutritive Values of Home-Prepared Foods: As Used in Agricultural Handbook No. 8, "Composition of Foods — Raw, Processed, Prepared," Revised 1963. ARS 62-13, March, 1966. Agricultural Research Service, U. S. Department of Agriculture. 35 pages. Available free from Consumer and Food Economics Research Division, ARS, USDA, Hyattsville, Md., 20782.